MY TEAMBATH PLACEMENT (SO FAR)

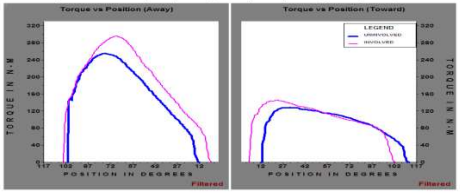
Greg Robinson

INTRODUCTION WEEK TESTING

Comprehensive Evaluation

Name:	greg robinson	Session:	08/08/2022 14:07:08	Windowing:	Isokinetic
ID:	gr24092000	Involved:	None	Protocol:	Isokinetic Bilateral
Birth Date:	24/09/2000 (dd/MM/yyyy)	Clinician:		Pattern:	Extension/Flexion
Ht:	183	Referral:		Mode:	Isokinetic
Wt:	76.0	Joint:	Knee	Contraction:	CON/CON
Gender:	Male	Diagnosis:		GET:	24 N-M at 0 Degrees

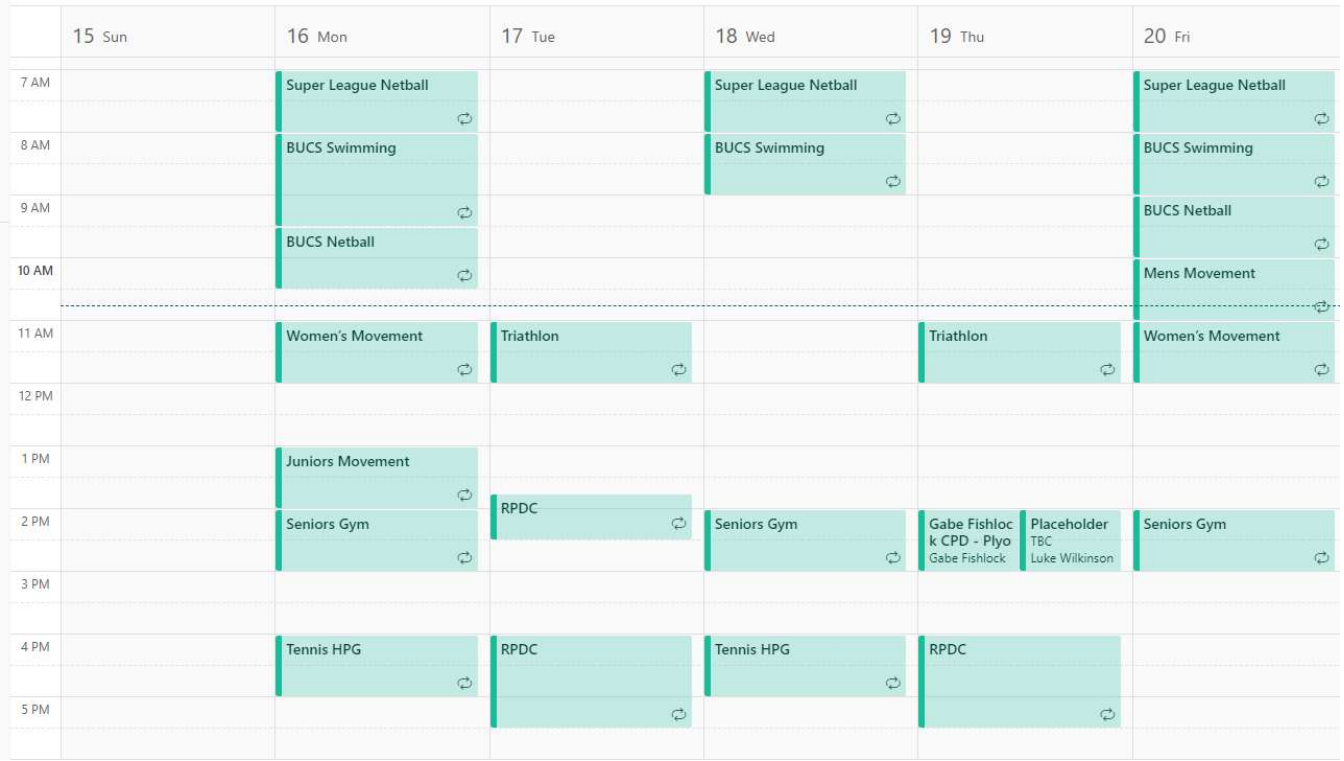
		EXTENSION 60 DEG/SEC			FLEXION 60 DEG/SEC		
# OF REPS: Right 3		UNINVOLVED	INVOLVED	DEFICIT	UNINVOLVED	INVOLVED	DEFICIT
# OF REPS: Left 3		RIGHT	LEFT		RIGHT	LEFT	
PEAK TORQUE	N-M	254.7	295.8	-16.1	128.2	146.5	-13.5
PEAK TQ/BW	%	335.9	390.1		169.1	191.9	
TIME TO PK TQ	MSEC	410.0	610.0		330.0	330.0	
ANGLE OF PK TQ	DEG	76.0	68.0		32.0	23.0	
TORQ @ 30.0 DEG	N-M	110.9	149.9	-35.1	127.2	140.0	-10.1
TORQ @ 0.18 SEC	N-M	216.8	201.4	7.1	123.3	136.1	-10.4
COEFF. OF VAR.	%	4.0	4.0		2.8	2.6	
MAX REP TOT WORK	J	270.9	337.2	-24.5	168.1	185.2	-10.2
MAX WORK REP #	#	1	1		3	1	
WRK/BODYWEIGHT	%	357.3	444.8		221.7	244.2	
TOTAL WORK	J	810.1	978.4	-20.8	461.7	540.3	-17.0
WORK FIRST THIRD	J	270.8	336.7		156.6	204.1	
WORK LAST THIRD	J	267.3	317.3		131.5	117.8	
WORK FATIGUE	%	1.3	5.7		16.0	42.3	
AVG. POWER	WATTS	175.7	201.3	-14.6	93.8	97.5	-3.9
ACCELERATION TIME	MSEC	10.0	30.0		30.0	30.0	
DECELERATION TIME	MSEC	50.0	30.0		290.0	40.0	
ROM	DEG	95.4	100.7		95.4	100.7	
AVG PEAK TQ	N-M	246.3	282.6		124.5	141.9	
AGON/ANTAG RATIO	%	50.3	49.2	G: 61.0			



Events and Conferences

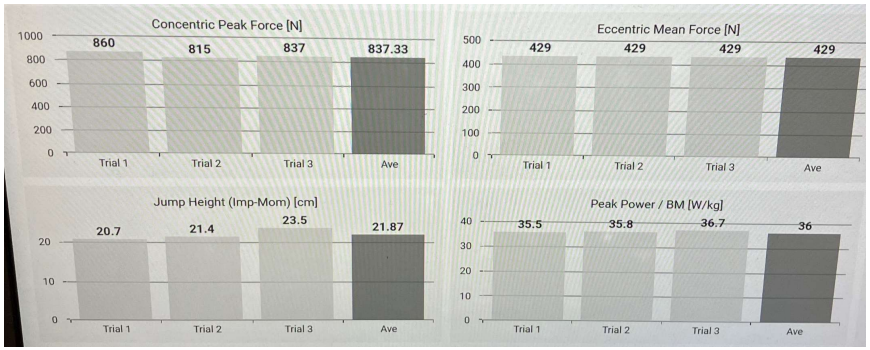
- Attended the LTA Female Athlete Workshop.
- Looking to attend Sportsmith Speed Conference later in the year.

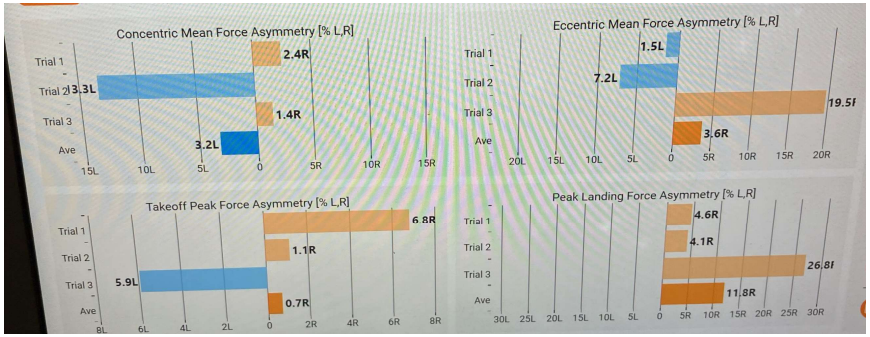
A TYPICAL WEEK



ForceDecks Testing.

- Had the opportunity to frequently use and analyse ForceDecks platforms. Moving forward will use data to inform some programming decisions.





CPD & Tasks

Over the course of the year have 8 tasks to complete, varying from informational videos to mock UKSCA exams.

- Hamstrings are working eccentrically as the bar is descending
- This can lead to muscle damage due to tears in the sarcolemma and other connective tissue
- As a response increased IGF-1 release
- Leads to muscle hypertrophy
- Often used in strength training blocks

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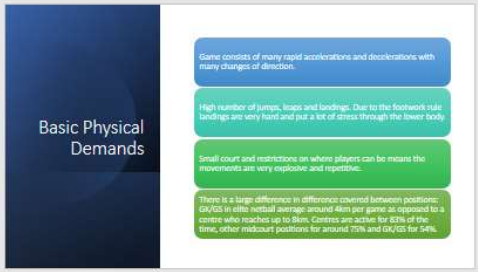

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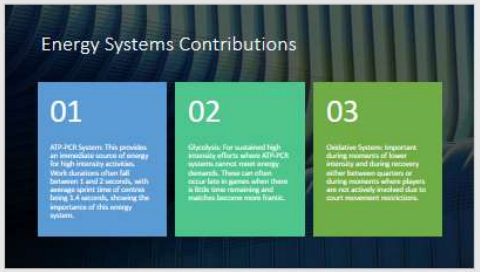

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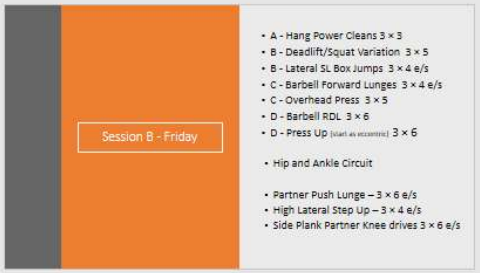

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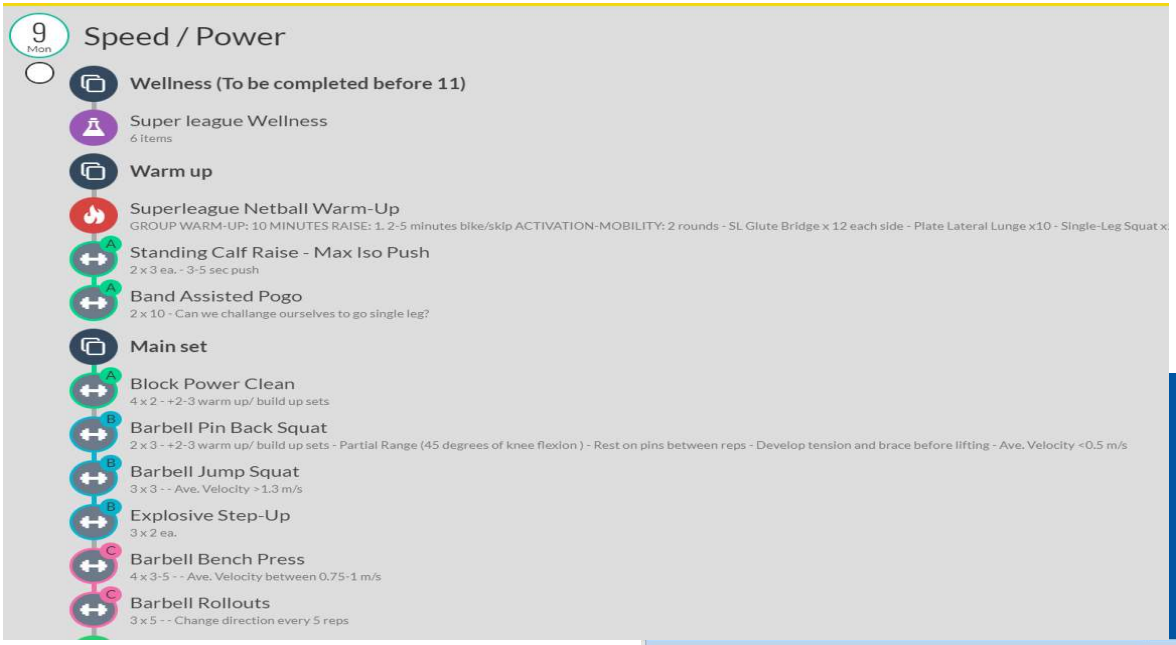
Understanding of Programming



Super league get exposure to stimulus along the force velocity curve.

Optional Positional Extra's - Pick Two - 3 sets			
Defence	Single Leg RDL - 8 e/s	Single Arm DB Row - 8 e/s	Deadbugs - 6 e/s
Midcourt	Skater Jumps - 16 reps	Single Leg Glute Bridge - 8 e/s	Med Ball Slams - 6 reps
Shooters	Skater Jumps - 16 reps	Bird Dog - 6 e/s	Adductor Fallouts - 6 e/s

My netball programme is more simplistic but trying to provide players with a good physical baseline.

Exercise	Sets & Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Squat Variation (Goblet/Back Squat) or Leg Press or Leg Extentsion	3 x 8							
Box Jumps	4 x 5							
Romanian Deadlift or Dumbell Hinge	3 x 6							
Press up Shoulder Taps	3 x 8 e/s							
Bench Press (Barbell or Dumbell)	3 x 5							
Weighted Side Lunge	3 x 8 e/s							
Single Leg Calf Raises	3 x 12 e/s							
Side Plank Dips	4 x 8 e/s							

Areas of Interest and Future Career Direction

Enjoyed working across all sports but preferred team sports.

Should Isometric training be a staple in Strength and Conditioning programmes?

Introduction:

Compound lifts, often comprising of concentric and eccentric muscle contractions are common in strength and conditioning programmes. However, exercises with isometric muscle contractions are much less frequently programmed. In recent years they have become more and more popular with an increasing amount of research indicating they have significant physiological benefits. This literature review will explore whether practitioners should now be including isometric exercises in all their strength and conditioning programmes and make recommendations on the nature of these exercises in regards to intended adaptations.


Thanks for Listening
Any Questions?